The Pursuit of Oral Health
(High School Level)
Hello!

Let's talk about the functions of our teeth:
To bite, chew, for speech and jaw growth
Anatomy of a Tooth

- Enamel
- Dentine
- Pulp
- Gum Tissue
- Bone
- Cement
- Nerve & Blood Vessels

Crown
Neck
Root
Oral Health Disease
Tooth Decay

Plaque + Sugar = Acid
Acid + Tooth = Decay

Cavities cause:
- Toothache
- Bad breath
- Abscesses
- Tooth Loss

Decay Diary
Tooth Decay

- Plaque hardens to form tartar: This stage is not painful.
- Acid wears out surface of the enamel: This takes time. This stage is not painful.
- Erosion is faster in the dentine because it is softer: This stage is painful.
- Erosion hits the pulp, where nerves and blood vessels are: This stage is very painful.

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Bleeding Gums

Caused by:

• Poor oral hygiene
• Plaque
• Brushing too hard
• Infections
Bad Breath

Caused by:
- Poor oral hygiene
- Alcohol & Drugs
- Smoking
- Bacteria on tongue
- Certain Foods
- Dry mouth
Health Concerns

Smoking, alcohol and drugs cause:

- Tooth ache
- Staining
- Tooth decay
- Tooth loss
- Dry mouth
- Gum Diseases
- ORAL CANCER

Say no! Always! Nothing cute about this!!!
Additional Health Concerns

- GI Disease
- Weakened Immune system
- Arthritis
- Pre-term & low weight babies
Oral hygiene

• The easiest things we can do to keep up our oral hygiene is to brush our teeth.

• Brush twice a day with fluoride toothpaste, once in the morning and once at night for at least 2 minutes.
Flossing

- It can help dislodge any stuck food between our teeth.
- Floss at least once a day, preferably in the evening to maintain our oral health.
Tongue Cleaning

- Removes germs on tongue
- Fights bad breath
- Improves taste sensation
JUNK FOOD DIET

Say **NO** to
SUGARY
processed food!
Choose to eat healthy!!
Regular Dental Visits
Oral hygiene tips

- Brush twice a day for two minutes
- Floss once a day
- Visit a dentist twice a year
- Replace your toothbrush regularly
FLUORIDATED DRINKING WATER

1. Reduces the formation of plaque acids
2. Helps prevent mineral loss caused by plaque acids
3. Promotes re-mineralisation of early decay

YES SIR

FLUORIDE MAKES TEETH STRONGER!!
Caring for a baby’s teeth

Cavities are contagious!

It’s important to take care of baby’s teeth, even before they are born. Mothers should take good care of her teeth and overall health!
Protecting baby’s teeth

A few tips:
• Lift the lips and look at their teeth
• Clean their teeth twice a day
• Give only water during naps or bedtime
• Take them to the dentist at age 1
• Help them brush and floss until they master it
Kissing and Oral Health

We have over 700 species of bacteria and organisms in our mouth.

- One kiss lasting approximately 10 seconds can transfer 80 million bacteria from mouth to mouth.
- Increase contagious illnesses, such as the common cold, herpes simplex virus or certain mouth warts.
- It can transmit the bad bacteria that lead to cavities. This risk is particularly important to keep in mind when kissing babies and newborns.

Protect you and your loved ones’ oral health

- Avoid kissing babies directly on the lips to prevent putting them at risk for tooth decay.
- Do not kiss someone if you – or they – are ill or have any mouth sores present.
Thanks!

Any questions?
You can find us at OHI@thelatrust.org
CREDITS

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